

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER

BOSTON
MEDICAL
CENTER

The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

Heating Resource

As the cold weather approaches, we want all of our families to be aware of available heating assistance programs. The Massachusetts Association for Community Action (MASSCAP) offers heating assistance through their Low Income Home Energy Assistance Program (LIHEAP). Eligibility is based off of household size and gross annual income of every household member cannot exceed 60% of the estimated State Median Income. Further eligibility information and the online application can be found [HERE](#).



Caring Santa's

If the thought of bringing your child to meet Santa this year stresses you out because of long wait times, sensory overload, and noisy crowds, we have got you covered this holiday season. Many places are offering "Caring Santa's" or a sensory friendly experience for your child while they meet Santa. To experience the magic of Santa in a sensitive environment reservations are required at most places, so be sure to plan ahead and you can make your reservation [HERE!](#)

December 5:

Square One Mall (Saugus), Northshore Mall (Peabody), The Shops at Chestnut Hill (Chestnut Hill), South Shore Plaza (Braintree), The Mall at Rockingham Park (Salem, NH).

December 5-December 12:

Burlington Mall (Burlington)

Toy Drive!

Holiday Toy Drive for DBP Patients!

When: Thursday December 22, 2022 10am-12pm

Where: The SPARK Center
255 River St. Mattapan, MA 02126

First come, first served while supplies last!



Autism and Grief

A new online tool kit is available to support autistic adults dealing with grief. The Autism and Grief Project is an online resource featuring information, suggested coping strategies, videos, social stories, educational programs and more. The website has resources for adults with autism, family/friends/support people and clergy/other professionals.

You can check out the website [HERE](#) and we encourage you to share this information with anyone you know who could use a little more support in the grieving process.

Clinician Spotlight

Get to know your providers with our clinician spotlight! This month meet: Chief of Pediatrics, Bob Vinci, MD! After 43 years at BMC, Bob will retire next June. Under his leadership, BMC Pediatrics has become a national leader in innovative care delivery!



Q: How many years have you been at BMC?

A: I have been at BMC for 43 years! I started as an intern here, was chief resident in my fourth year, and never left.

Q: Where you did med school/training?

A: I went to medical school at the Robert Wood Johnson Medical School, previously known as the College of Medicine and Dentistry of New Jersey

Q: What you enjoy most about working in pediatrics?

A: I enjoy the people-my colleagues, our staff and the patients. I love our mission to provide exceptional care to all...this is the same mission that the institution has always stood behind, though I think that we continue to provide that care more efficiently and innovatively as time goes on.

Q: What's a fun fact about you

A: I have four amazing grand children! I also love to make pasta... my favorite thing to make are different kinds of raviolis.

Adaptive Skiing

As wintertime approaches, it can be hard to get outside and stay active in the cold. Skiing is a wonderful activity that provides social bonding and way to get in touch with nature. There are several adaptive ski programs across Massachusetts and the Northeast! For beginners, plenty of resorts offer lessons on how to ski. For a list of adaptive ski programs by region, click [HERE](#).



Agganis Arena

Recently all full-time and part-time employees at BU's Agganis Arena received training from AANE on recognizing and reacting to sensory processing disorders. Be sure to ask about their sensory room, sensory bags, and social narrative guides next time you're at an Agganis Arena event! You can read more about the available accommodations [HERE!](#)

Safety Tip of the Month!

Every year, more than 400 people die from Carbon Monoxide (CO) poisoning. Carbon monoxide is an odorless, colorless, and tasteless gas. Carbon monoxide poisoning occurs when CO enters the bloodstream, preventing the body from using oxygen – this can cause brain damage and death. Common sources of CO include stoves, dryers, space heaters, heating a car inside of a garage, and a blocked tail pipe. The only way to know if carbon monoxide is in your home is with a CO detector. You can schedule a Smoke and Carbon Monoxide Detector Inspection by contacting your local fire department, Boston residents can complete an online form [HERE!](#) CO Poisoning Symptoms: Headache, Confusion, Nausea, Shortness of breath, Weakness, Blurred vision, Dizziness, Loss of consciousness. CO Poisoning Prevention: Install carbon monoxide detectors on every level or your home near bedrooms, Never use a gas range or oven to heat your home, Never use generators indoors, or near doors and windows, Never leave your car running inside of a garage, Clear your tailpipe of debris and snow, Have your heating system and appliances inspected by a technician every year.



Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

Do you have an idea for a future newsletter? Email us at.

autismprogram@bmc.org

with suggestions.

Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.

Our Clinicians

Marilyn Augustyn, MD

Naomi Steiner, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Alyssa King, PhD

Jocelyn Kuhn PhD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

Mary Ellen Killion, NP

ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information! **To unsubscribe, please reply by email with the word "stop!"**



[BMC.org/autism](https://www.bmc.org/autism)
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The Autism Program at Boston Medical Center



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